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## THE IMPORTANCE OF DEVELOPING STRENGTH ABILITIES IN ATHLETES

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### ABSTRACT

In this work, the role of physical abilities in sportsmen and specific characteristics of sports, the functional state of the body, its characteristics and mental-physiological qualities are highlighted.

### KEYWORDS

Healthy generation, physical education, healthy lifestyle, physically mature, socially active, morally healthy, physical maturity, mass sports, strength skills, mental and strength qualities.

### INTRODUCTION

It is known to us that the sports activities of athletes are subject to severe nervous and mental stress, many undesirable effects of the external environment on the body, and make great demands on its physiological, mental and strength capabilities. In such conditions, the assessment of the functional state and effectiveness of training, as well as the athlete's ability to work, becomes especially relevant.

The specific adaptive effect of training on the development of strength skills is determined by the amount of weight, speed of movements, individual work and rest periods. The main training factor in the development of strength endurance is submaximal and maximum frequency of large movements with weights (at the level of 70-90% of maximum strength). The duration of one operation should not exceed 30 seconds, the speed of movement is 1-2 cycles per minute with rest intervals of 40-60 minutes.

To develop strength endurance, weights from 40 to 75% of maximum strength are used, the pace of movements is 2-7 cycles per minute with 40-60 minutes of rest intervals.

Power abilities, their manifestation occurs as a result of the influence of the organism, it occurs on the basis of qualities of mental, muscular, motor, vegetative, hormonal functions and other physiological systems of the organism. Based on these, strength abilities would not depend on the simplified concept of "muscle strength", since this would be only a mechanical description of their contraction properties. Muscle strength is a developing component of every movement act. It can have a qualitative description depending on the speed, external resistance and duration of work.

The development of strength on land is very clear, its growth is mainly carried out in swimming in these modes. That is why it is necessary to use various exercise machines in the complex, preferably in the form of circular exercises.

General strength training tasks:

- 1) harmonious development of the main muscle groups of the swimmer;
- 2) strengthening the locomotor system;
- 3) elimination and development of muscle deficiencies.

This is the main type of strength training for low-skilled swimmers. Usually, in boys, abdominal muscles, oblique muscles of the body and back thighs are sufficiently developed. In girls, the muscles of the shoulder girdle lag behind in development.

The means of strength training differ in the type of resistance used and the developed muscle groups: general development exercises without objects, exercises using the simplest gymnastic equipment, jumping stands with different levels of height, exercises are performed on it, which in itself depends on the functional state of the body.

Despite the fact that the concept of the functional state of the body is equally widespread in both medical practice and sports physiology, at the moment it is not possible to give it a definition that is equally satisfactory to experts of both fields. Therefore, we will limit ourselves to the description of the functional state from the point of view of sports physiology, albeit somewhat scattered.

By the functional state of the organism, we understand the unity of the physiological functions and mental-physiological qualities that ensure the effective performance of the tasks in front of the practitioner.

Therefore, perceptions of the functional state of the human body are not created based on the study of one or several indicators, they require an integral assessment of the functions that directly and indirectly

condition the successful implementation of sports activities.

The study of the employee's functional status is related to the solution of a number of issues arising from the characteristics of the training process. The researcher should be able to clearly visualize which physiological functions carry the main function at which stages of the work.

Changes in indicators in the functional state of the employee's organism indirectly demonstrate changes in the stages of development of his work capacity and fatigue. Many researchers attach more importance to general aspects than specific differences in fatigue from physical work and mental shock (stress) loads. But during a mental shock or severe excitement, there are serious functional shifts in the central nervous system, higher nervous system, analyzers and mental activity.

It should be noted that researching and rigorously evaluating the condition of the body during sports activities is currently an important problem of finding means of objective control of this condition. The selection of indicators in each individual case is carried out, first of all, taking into account the evaluations given to the systems of the organism that work intensively and play the most important and decisive role in ensuring certain activities. Accordingly, it is necessary to take into account the characteristics of

sports activity, its functional structure, as well as the conditions under which this activity is carried out. For example, a person's sports activity is measured by the active work of the cardiovascular system under increasing oxygen debt and the functional state during physical activities performed in conditions of high environmental temperature.

In order to objectively assess the functional state of a person during sports activities, many researchers suggest to record changes in vegetative functions and indicators of the nervous-muscular system. Muscle strength as an indicator describing the physical capabilities of a person is the ability to overcome or resist external resistance due to muscle tension.

In cases where strength skills are developed in the direction of active sports, it is necessary to take into account that the effect of training depends on the maximum applied force and the time of its manifestation. The technology of using training tension in the development of strength skills can be based on the manifestation of the following different possibilities: in one-time, repetitive, periodic or non-periodic work; against small or large external resistance; fast or slow speed of training exercises; in various initial relaxed or tensed states of the muscles, assessment of the athlete's working capacity is of particular importance.

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